

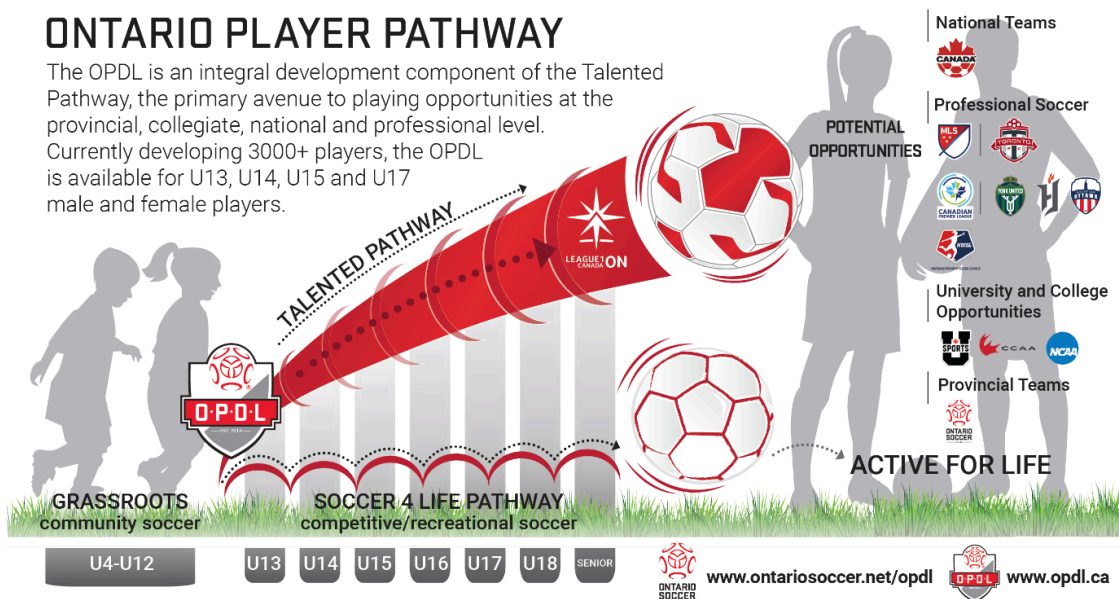


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PLAYER PATHWAY

ONTARIO PLAYER PATHWAY

The OPDL is an integral development component of the Talented Pathway, the primary avenue to playing opportunities at the provincial, collegiate, national and professional level. Currently developing 3000+ players, the OPDL is available for U13, U14, U15 and U17 male and female players.



KIDS CAMP (First Kicks/Active Start)

10 WEEK SUMMER PROGRAM

Objective – to introduce soccer to children ages 4-5

Weekly training sessions focus on small sided games, soccer co-ordination, soccer technique, general movements – 1v1, dribbling, ball touches left and right foot

teaching children basic age appropriate soccer drills while keeping it fun to keep them engaged and to enjoy learning to play soccer

duration – 30 to 45 min

U6 to U8/U9 (Fundamentals)

10 WEEK SUMMER PROGRAM

Objective – to introduce structured training

Weekly training sessions focusing on agility, balance, co-ordination and speed – 3v3, 4v4, 5v5 based on growth – players will learn more dribbling, passing shooting, ball touches left/right foot and other parts of body, develop players ability to read what others are going to do based on their movement

U8/U9 – festivals format

Duration 30 to 45 min

U8 to U11 Female/U9 to U12 Males (Learn to Train)

Objective – positive reinforcement, confidence, be safe

Weekly training sessions focusing on warm up, stretching, get ready physically and mentally
Passing receiving dribbling, repetitive exercise, promote decision making and game awareness

Eye hand co-ordination – agility balance and change of direction

Listening, communicating peer interaction

Game 1 – 5v5 two teams direction and target

Game 2 – players apply what they just learned, play and try

Cool down and stretch and go over practice session and techniques learned

U8/U9 – 4v4 no GK or 5v5 with GK

U10/U11 – 7v7 incl GK

U12 – 9v9 incl GK

Duration 45-70 min

U13 to U18 (Soccer for Life)

Objective – challenged training - learn key positions on pitch, in depth tactical training 9v9 or 11v11

Two weekly training sessions focusing on warm up, stretching

Practice defensive and offensive movement

Technical and tactical training – increased complexity of training

Enhancement of motor skills, develop conditional skills-speed, endurance, and flexibility

Understand individual role on field

Sharp transitional play (attack, defense)

Shielding ball, crossing, heading,

One touch passing

Duration 90 min

